58
12.2019
Sunnyside Newsletter

# 恩光通訊

基督教靈實協會 HAVEN OF HOPE CHRISTIAN SERVICE
尊重生命 • 改變生命

## 校長的話
Words from the Principal

## 校園新面貌
## A New-look Sunnyside School

本學期，恩光學校完成了多項改善工程：

Sunnyside School has completed a number of improvement works this school year.

1) 學校外牆翻新油漆，以靈實協會會徽的藍白色為主調，再加上恩光 (Sunnyside) 陽光活力的黃色為配搭，營造出藍天白雲下朝氣勃勃的感覺。

1 ) The external wall is repainted with blue and white as main theme, aligning the logo of Haven of Hope Christian Service. Together with the yellow color which represents the sunny and vibrant "Sunnyside", a dynamic school is projected under a vivid blue sky.

2) 學校大門加裝電閘，避免以往在車輛流量多時長開閘門，構成對學生的危險。

2 )An electric gate is erected at the entrance so as to avoid any danger posed to students when the old gate was constantly opened during heavy traffic.

3) 在學生飯堂開設玻璃門，方便進出恩光咖啡教室，減少騷擾在大小活動室上課或活動的學生。

3 )A glass door is opened at students' canteen to facilitate going to Sunnyside Café, thus minimizing disturbance to students at both activity rooms during lessons and activities.

4) 禮堂中間加了間隔板，讓教職員更靈活運用空間、學生在上課及宿舍時段能更彈性使用多一處所。

4 )The school hall is partitioned to two equal halves which enable staff to utilize the space flexibly and students to use one more room during lessons and boarding sessions.

感謝天父的恩典與供應，成就各樣美善的事，希望學生能在更靈活、安全及富有色彩的環境中學習。

We are so grateful for the grace and provision of the Lord that fulfill all the good deeds and hope that our students can learn in a vibrant, safe and colorful environment.

蔡奕玲校長
Ms. Choi Yik Ling, Principal

# 我們預告因為我們尊重

各位爸爸媽媽：試幻想，有一天，你突然被一隻強而有力的手，拖著在一條黑沈沈的隧道內行走，你預先不獲知會，你不明白為甚麼要在這裡？既不知道自己走向那裡？也不知道走多久？……請問你當時的感受會是怎樣呢？

再想想，我們的學生，有時候亦像處身在類似的處境中……突然的被剪髮……突然的去了廁所……突然的被抱起……突然的……

**啟發學習發展委員會**　在本年度其中一個目標，是希望提升學生參與。其中一個重點策略便是「預先通知」。我們舉行簡介會，向教職員講解「預先通知」的理念，並分享幾個實踐出來的例子。

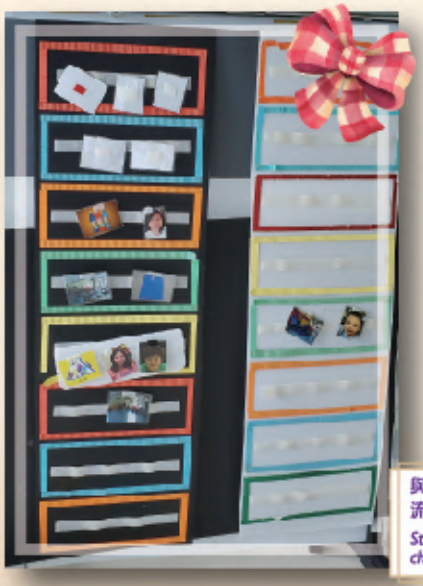
有些時候，我們藉著學生可理解的感覺訊息、溝通形式（如圖卡/教具/環境提示/符號等），以預備學生的心情，增加他們的安全感，並加添他們對之後進行的活動的期待。我們想利用學生的強項及興趣，再按他們的個別需要加以照顧。

有學生害怕地方轉移，由課室轉到其他班房上課都會表現驚恐。因為他喜愛唱歌，故老師們特別作了幾首短歌，輔以簡單歌詞，當他要換課室時，老師便向他唱出他將要到的班房，他收到通知後，不再抗拒要轉課室了。此外，他亦害怕剪頭髮。每當義務髮型師到校為學生剪頭髮時，他都表現抗拒，極不情願髮型師觸摸他的頭髮。他的班主任便想到在理髮前數天，以遊戲形式，每天為他稍稍修理頭髮。到了髮型師到校，他不再情緒波動，更樂意與髮型師合作，讓他剪髮呢！

此外，我們的學生甚少接受牙科護理檢查，當中有些會掙扎不願乖乖躺著接受檢查和治療。故每年菲臘牙科義診團隊到校兩次為學生進行義診時，都需要義工協助扶抱學生。治療師和老師特別以治療床模擬牙醫到診環境，在義診團隊到校前，先請幾位學生穿上保護衣，再躺在治療床上模擬接受牙科護理檢查，讓他們先有心理準備，減少驚慌和抗拒，實行以來，效果理想。

啟發學習發展委員會亦特別製作了一本小冊子給予家長，提醒他們在日常生活中，要讓學生有所心理準備，並送贈印上口號的顏色筆作溫馨提示。

「預先通知」的做法仍有待進一步優化發展，最重要的是，我們預告學生是因為我們尊重他們。



與學生一起閱讀流程表，告知他們一天的流程，更可知悉當天的轉變。

*Students learn about their time table and changes by reading the daily visual schedule.*

學生拍打「開堂鼓」，以預知課堂活動開始。

*By tapping on the drum, the student is notified that the class starts.*

# We Inform Beforehand Because Of Respect

Fathers & mothers, let's imagine that one day, you were suddenly dragged by a strong hand to walk along a dark tunnel. You were not informed. You didn't know why you were here, where and how far you would go……So how did you feel at that time?

Please think again, sometimes our students are put in similar situations. All of a sudden, their hairs are cut, they are placed in the toilet, they are lifted up, they are……

To enhance students' involvement is one of the aims of **The Invitational Learning Development Committee** this year. "Advance notice" is one of the key strategies. We hold briefing session to explain to staff the concept of "Advance notice" and share some examples that are put into practice.

At times, we prepare our students by giving them sensory messages and communication aids such as picture cards, teaching aids, environmental hints and signs etc. Their sense of security is enhanced and anticipation of coming activity is heightened. We use the strengths and interest of students to cater for and satisfy their individual needs.

A student is fear of changing locations. He feels scared of going from one classroom to another. As he likes to sing, teachers compose several songs with simple lyrics dedicated to him. When they change classroom, teacher will sing to notify him which serves as a great comfort to him. The student also hates to have hair-cut and resists letting hairdresser touch his hair. His form teacher then plays hair-cut game with him several days before the hair-cut day by trimming his hair a little bit each day. Consequently, when the hairdresser finally comes, the student is cooperative to have hair-cut.

Besides, our students seldom receive dental service. Some will struggle for dental service and treatment. Twice per year, when a Prince Philip Dental Volunteer Team delivers free dental service to our students, volunteers are needed to assist during the treatment. Therapists and teachers create a mock up environment similar to dental clinic and let our students wear protective gown and lie on treatment bed to help them prepare psychologically days ahead. As a result, our students are less scared of receiving dental service.

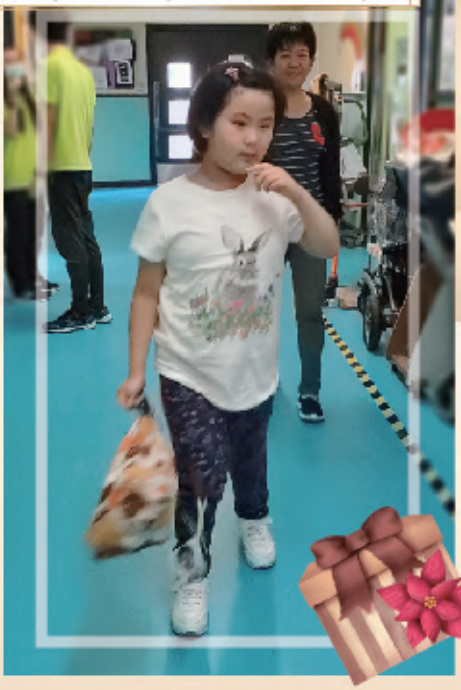
The Invitational Learning Development Committee specially made a booklet to parents so as to remind them to prepare their child in advance. The committee also gave some colorful markers with slogan to them as souvenir.

The method of "Advance notice" seeks further refinement. Yet, most important of all, we inform our students beforehand because we respect them.

給予家長的小禮物。
*Little gifts to parents.*

藉著CVI 房門的門簾，給予學生感覺訊息，以預告他們將會入內進行CVI訓練。
*Students are informed of training in CVI room by the curtain hanging outside.*

以飯袋作為環境提示，讓學生知道：「開飯啦！」
*Food bag is used to notify students that meal is ready.*



# 活動花絮 Activities in Snapshots

## 早會記趣 Morning Assembly

學生在禮堂參加早會，一起排隊和聽校歌。
Students queue up and listen to school song in the hall.

學生在早會齊齊做運動，鍛鍊好身體！
During morning assembly, students exercise together to keep fit.

## 沙畫體驗 Sand Drawing

宿生體驗沙畫的樂趣，展現無限創意！
Boarder tries sand drawing to unleash her creativity.

## 宿舍睡房添電視 New Television at Hostel Bedroom

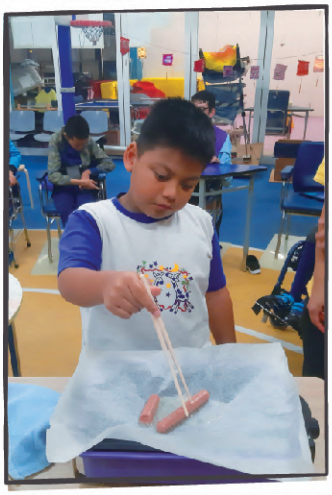
女宿生睡房新裝了一部電視機，晚上閒暇時可以聽音樂、看影片，多開心。
After girls' bedroom newly installed a television, boarders can listen to music and watch movies at night.

## 中秋賞月慶團圓 Mid-autumn Festival Night

中秋夜，宿生對花燈情有獨鍾。
The festive lantern is a great favourite of the boarding student.

# 月夜齊來BBQ

## BBQ in the Moonlight



看！多認真的小廚師喔。

Look! How earnest is the little cook.

# 和諧粉彩畫班

## Pastel Nagomi Art Workshop

Christmas

家長透過和諧粉彩畫，療癒心靈，達致詳和寧靜的效果

Through experiencing Pastel Nagomi Art, parents gain comfort and peace of mind.

# 靈實恩光成長中心活動

## Activities of Haven of Hope Sunnyside Enabling Centre

戶外旅遊樂，共享大自然。

Enjoying the nature during outing.

學員參與馬術體驗，增強自信心及平衡力。

Through riding, the student gains self-confidence and body balance.

# 校園新動態
# What's New in the Campus

## 親子宿營

21個家庭在9月歡渡2日1夜的親子宿營體驗，參與多項活動，包括戶外游泳、泡泡足球、室內射擊、射箭等，以及由社工精心設計的粉彩畫、禪繞畫體驗班，讓參加者在繪畫過程中享受慢活，感受當下。詩歌分享、刺激有趣的歷奇活動為當晚的親子晚會拉開序幕，還有蔡校長為大家分享信息呢。親子營翌日由黃潔兒博士主持 「親子香薰按摩工作坊」，為學生提供放鬆身心機會。

家長和兒子享受射擊樂趣
Mother and son at shooting game

## Family Camping

21 families attended a two-day camping in September happily and participated in different activities like swimming, bubble soccer, shooting game and archery. Social worker hosted Pastel Nagomi Art and Zentangle Workshop for them to experience painting in LOHAS. In the evening, hymnspiration and adventure games kicked off the gathering. Principal Choi shared with parents. The next day, Dr. Irene Wong led a workshop on aromatherapy with the families, offering a moment of relaxation for students.

大合照
Group photo

## 家職會家長茶聚

第8屆家長教職員會的家長茶聚，共有30位新、舊生家長及同工出席，讓家長認識本屆家職會幹事，並享用美食。家職會亦邀得聯合醫院任姑娘主講最新流感資訊，加強家長對預防季節性傳染病的意識。

## Tea Gathering of PSA

The 8th Parent Staff Association (PSA) held a tea gathering with 30 parents of new and old students as well as staff. Parents got to know PSA members and enjoyed fine food. Ms. Yam, nurse from the United Christian Hospital was invited to share with parents the latest news on influenza and prevention of seasonal infectious diseases.

## 禮堂新設施

今年禮堂新設了橙色間隔板，可以將禮堂一分為二，平日放學後奈利家舍與以瑪女家舍各佔用其一，活動空間可以更集中。另外增設的新梳化易於清洗，亦十分吸引宿生使用。

## New Facilities at Hall

The school hall has newly installed an orange panel system to divide the hall into two areas for boys' and girls' houses after school. Activities could be held in focus. Welcomed by boarders, a new sofa in washable surface has also been placed

# 宿生團契小組

宿生團契小組又開鑼啦！每月舉行一次，我們很高興能邀請到播道會藍田堂的主內弟兄姊妹擔任導師。宿生透過詩歌播放、遊戲和主題分享：如神的創造、主平靜風浪，引導組員學習數算神恩，又鼓勵組員表達情緒和彼此代求。

## Boarders Fellowship

Boarders Fellowship begins once a month with the help of brothers and sisters in Christ at EFCC Lam Tin Church. Boarding students sing hymns, play and learn stories of God's invention and Jesus silenced stormy sea. They are led to count God's blessings, unleash their emotion and pray for each other.

# 靈實恩光成長中心動向

成長中心自2006年投入服務至今，已經歷十三個寒暑，多年來憑著中心上下各員、學員、家長積極參與及恩光學校的支持，又獲得善心人士的捐款，並成功申請了不同基金，令中心的服務趨向多元化，又能配合學員的需要和興趣。

本年的服務得到「優質教育基金」的撥款資助，舉行了「物理治療親子工作坊」。中心亦獲得「匯豐150週年慈善計劃」的贊助，舉辦藝術治療、歷奇訓練、社區活動等。更喜獲粵劇名伶汪明荃及羅家英於2019年9月30日主演粵劇「紫釵記」，為中心籌得超過五十萬元善款。

總結過往服務的經驗，成長中心制訂了2019至2022年的三年工作目標：

(1) 團隊工作：加強同事的溝通和合作、鞏固正面之復康工作手法及價值觀，建立服務監察系統。
(2) 日間訓練服務：透過綜合訓練，使會員暢順地銜接社署津貼的成人服務，增加他們參與社區活動，發展潛能，加強自信和自我肯定。
(3) 個案及家長工作：建構個案管理模式，以便回應服務使用者的需要。加強與家長的聯繫，並作適時的回應。
(4) 持續申請外間基金：使日間服務能適時變動，並維持中心運作。
(5) 未來發展：積極與靈實總部探討中。

參加者全情投入「物理治療親子工作坊」
Participants are attentive to the physio-therapy workshop.

## Update of Haven of Hope Sunnyside Enabling Centre

Since 2006, Sunnyside Enabling Centre has commenced service for thirteen years. With the support of students and staff, participation of parents, assistance of Sunnyside School, donation of zealous donors and foundations, the Centre offers various activities for students targeting their needs and interests.

Funded by the Quality Education Fund, workshops on physiotherapy were held for families of students this year. With the sponsorship of The HSBC 150th Anniversary Charity Programme, the Centre held classes on arts therapy and orienteering as well as community programmes. On 30 September 2019, the Cantonese opera virtuosi Liza Wang and Law Kar Ying raised over $500,000 for the Centre by performing the masterpiece, The Legend of Purple Hairpin.

Based upon the past experiences, the Centre devised a three-year working plan from 2019 to 2022,

(1) Teamwork: to enhance the communication and cooperation of colleagues, and consolidate their positive approach on rehabilitation work and values.

(2) Day Care Service: to smoothly bridge the subsidized service of Social Welfare Department offered to students by provision of integrated training and community programmes, so as to develop students' potential and enhance their self-confidence and self-recognition.

(3) Case Studies & Parents: to construct a case study model so as to meet the needs of service users; to strengthen relationship with parents by timely responses.

(4) Continuous Funding Applications: so as to fine tune the day care service as appropriate and maintain the daily operation of the Centre.

(5) Future Development: under active exploration with the HOHCS headquarters.

一眾觀賞「紫釵記」
Enjoying The Legend of Purple Hairpin

# 鳴謝
# Acknowledgements

我們謹在此向以下的支持者致衷心的謝意，大家對嚴重智障學童的愛心關懷和支持，足以燃點他們生活的火花，帶來歡樂及希望。

We owe our sincere gratitude to the following donors and supporters who have contributed to the betterment of our children's lives. Just a little concern from you, lives of our severe intellectual disabled children will be much richer and full of fun. Let's thank ....

Cheng Sau King
Cheung Man Tat & Wong Wai Yan
Chiu Wing Yan
Kwan Chi King
Lai Yin Kwan
Leung Edward
Liu Wai Lin
Lui Sau Ching
Ng Wai Chun (伍惠珍)
Tang Wai Kuen (鄧惠娟)
Yau Kit Yu
Profits Consultant Company

# 捐款回條
# Donation Coupon

本人樂意捐助靈實恩光學校，支持嚴重智障兒童服務。

港幣/HK$: _____

中文姓名: _____ *先生/小姐/太太

地址/Address: _____

*請刪去不適用者

請將劃線支票 (祈付"基督教靈實協會") 寄回新界將軍澳安達臣道301號靈實恩光學校收，捐款全數撥作靈實恩光學校服務之用。

台端之個人資料，只為傳遞本校資訊之用。如台端不願收到本校資訊或需要更改個人資料，請致電 2703 1722或電郵至info@sunnyside.edu.hk與本校聯絡。

I would like to donate to Haven of Hope Sunnyside School in support of its service to the severe intellectual disabled children.

Name in English: *Ms./Mr./Mrs. _____

電話/Telephone: _____

*Please delete whenever appropriate

Please send crossed cheque made payable to "Haven of Hope Christian Service" to Haven of Hope Sunnyside School at 301 Anderson Road, Tseung Kwan O, N.T. All proceeds will be used to support the service of Haven of Hope Sunnyside School.

*Your personal data will only be used by our School for passing information. If you don't want to receive our information or want to change your personal data, please contact us at 2703 1722 or email to info@sunnyside.edu.hk.*

# 徵求義工
# Interested to be volunteer?

你有否想過善用餘閑，做些有意義的工作呢？靈實恩光學校誠邀十八歲以上有興趣人士參與，本校會提供所需之義工培訓。可致電2703 1722或電郵 sunnyteer@gmail.com與梁艷芳小姐聯絡。

Would you like to spend your spare time meaningfully? Haven of Hope Sunnyside School is now recruiting volunteers. Any interested persons who are 18 years old or above could call Miss Eva Leung at 2703 1722 or send email to sunnyteer@gmail.com" sunnyteer@gmail.com. Training will be arranged.

姓名 Name: _____ 日間聯絡電話 Daytime tel. no. _____

擬參與的工作 Interested work: _____

- ☐ 學校時段的活動（9am-3:30pm）Activities held during school time（9am-3:30pm）
- ☐ 宿舍時段的活動（4pm-8:30pm）Activities held during boarding period（4pm-8:30pm）
- ☐ 外出大型活動（outdoor activities in large scale）
- ☐ 雜務（如摺疊衣服、製作教具等）Miscellaneous（e.g. folding up clothes, making teaching kits etc.）
- ☐ 其他，請列出：_____ Others, please list

NIC design co. 2321 3988

靈實恩光學校 Haven of Hope Sunnyside School
學校網址 School Website : www.sunnyside.edu.hk 電子郵件 email address : info@sunnyside.edu.hk 靈實協會網址 HOHCS Website : www.hohcs.org.hk
電話 Tel : (852) 2703 1722 傳真 Fax : (852) 2703 6320 香港 新界 將軍澳 安達臣道301號 301 Anderson Road, Tseung Kwan O, New Territories, H.K.